

## LAVENDER LEMONADE

By Kimberli Washington, Public Information Office



### Ingredients:

- 4 lemons
- 5 cups of water
- ½ cup dried lavender
- ½ cup raw honey
- Ice for serving

### Directions:

- Remove zest from 2 lemons.
- Squeeze all lemons and set aside, using a strainer to prevent seeds from going into juice (It should be about 2/3 cup of lemon juice).
- In large pot, boil 5 cups of water and add lemon zest to it. Stir in lavender.
- Partly cover pot and lower heat to simmer for about 10 minutes.
- Use a large strainer to pour mixture into a heat-proof pitcher. Stir in honey until dissolved. Next add in lemon juice and let cool completely (about 45 minutes to an hour).
- When ready to serve, fill glasses with ice and pour in lemonade.
- Serve immediately and enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.